3 movement sequence and metcon

Today we are going to combine 3 Floreio movements into a sequence and train that small flow piece.

Half Au Cortado + Role + QDR

HALF AU CORTADO + ROLE + QDR

Combining those three elements requires control of each one of them, so make sure you return back to the previous workouts to read the descriptions and train them individually before you continue.
Flow from a squat into a Half Au, lower back and sideways, pull into a Role and directly through to QDR. Return to Squat and repeat for reps.

Au Cortado + Role + QDR + Role

AU CORTADO + ROLE + QDR

From a squat go into a full Au Cortado, come back directly to a Role and flow into the QDR, from the QDR flow into one more Role, to the opposite side and return to squat. Repeat for reps.

Au Regretful + Role + QDR Rotational Push Up

AU REGRETFUL + ROLE + QDR ROTATIONAL PUSH UP

Go into an Au Regretful, directly into a full Role and from there into a QDR rotational Push Up. Come back to Squat and repeat for reps.

COMMENTS ABOUT QUALITY OF MOVEMENT

If you watch the videos carefully, you can observe there are certain 'additions' to each movement above and beyond what is functionally necessary for the movement to happen. For example, the Role basically takes me from a squatting position in point A to squatting position in point B. But... It is not only performed with that function in mind, but the weight shift, smoothness of the movement and the 'Movement Logic' are also taken into consideration. Try to absorb and analyze those qualities, and add them to the way that you move.
At this time, I will not give too many details about quality of movement, for the following reasons - A. This medium is limiting in its ability to transfer such data to an audience and B. for the reason you have a lot on your hands right now as it is.
But, be aware of it, and try to play with the quality of your movements when you feel it is possible.

Pistol + Side Push Ups

This is a combination I created a long time ago as a conditioning movement that combines upper body, lower body and core (mostly in the advanced variation - due to the lifted front leg) into one small piece of flow.

ECCENTRIC PISTOL + SIDE PUSH UP BEGINNER

The easy variation starts while standing on one leg. Make sure your weight is concentrated on your heel, lower back and down into a one leg squat, making sure the heel doesn’t come up, and that the hand of the same side of the raised leg is waiting to receive the floor. When you reach the bottom of the Pistol Squat, lower your foot to the ground, but do not let any other part of your body besides you hand and both feet touch the floor. Lower down to the side push up, letting your body pass the elbow line and into 'Vasamento' position. Push back up. Pull the straight leg back into a normal squat. Stand up. Repeat for reps.

ECCENTRIC PISTOL + ONE ARM SIDE PUSH UP INTERMIDIATE

The intermediate variation will be only a bit different from the beginner one:
1. No help from the hand during the decent into the pistol.
2. One Arm Side Push Up and not two.

PISTOL + ONE ARM SIDE PUSH UP ADVANCED

The advanced variation will be even more challenging than the intermediate:
1. Lift the whole leg that is free from the start and during the whole exercise and make sure it is still hovering above the ground in the one arm side push up.
2. A concentric lifting out of the pistol position is added - not only decent on one leg but also coming back up on one leg.

Workout - beginner

Warmup
A1. 5 min jump rope
A2. Wrists Routine X 1 set
A3. Ido's Squat Clinic Routine X 1 set
A4. Shoulder ROM and Stabilization routine X 1 set
A5. Rotations Into Low Bridge X 10 reps
or
A5. Slide Into Low Bridge X 30 sec hold
A6. Rotations Into Arch Using The Wall X 10 reps

Sequence work
B1. Half Au + Role + QDR X 10 reps / 5 sets / 60 sec

Conditioning/prehab
C1. Ecc Pistol + Side Push Up 10,8,6,4,2 (per leg) / as little rest as you need
D1. Wrist routine X 2 sets

Workout - intermediate

Warmup
A1. 5 min jump rope
A2. Wrists Routine X 1 set
A3. Ido's Squat Clinic Routine X 1 set
A4. Shoulder ROM and Stabilization routine X 1 set
A5. Rotations Into Low Bridge X 10 reps

Sequence work
B1. Au Cortado + Role + QDR + Role X 10 reps / 5 sets / 60 sec

Conditioning/prehab
C1. Ecc Pistol + One Arm Side Push Up 10,8,6,4,2 (per leg) / as little rest as you need
D1. Wrist routine X 2 sets

Workout - advanced

Warmup
A1. 5 min jump rope
A2. Wrists Routine X 1 set
A3. Ido's Squat Clinic Routine X 1 set
A4. Shoulder ROM and Stabilization routine X 1 set
A5. Rotations Into Low Bridge X 10 reps

Sequence work
B1. Au regretful + Role + QDR Rotational Push Up X 10 reps / 5 sets / 60 sec

Conditioning/prehab
C1. Pistol + One Arm Side Push Up 10,8,6,4,2 (per leg) / as little rest as you need
D1. Wrist routine X 2 sets